

| | Daily | Weekly | Monthly | Seasonally | Annually | Other |
|------------------|--|---|---|--|---|---|
| Sabbath | 30 min break from work | 5pm Friday to 5pm Saturday - no work | Day out/date day | Two mini-breaks per year | Two vacations (not Bible Week) - 1 week or more | Sabbatical from Church life - June to September |
| Prayer | Morning - gratitude prayer Noon Lectio Evening - examen prayer | Small group prayer time Intercession and needs prayer time | Church prayer meeting | | | |
| Fasting | | | | | | |
| Solitude/silence | Morning devotional Evening devotional | As much as Tuesday in solitude/silence as possible Reflective journaling | | | | |
| Scripture | Psalm a day Daily Bible reading | Listen to a bible teaching | Read a book on a biblical theme | Read a book of the Bible in one sitting | Whole Bible | |
| Generosity | Actively look for opportunities to be generous | Budget for a random act of kindness | Give to a ministry, charity, or cause Family gifts | Gifts to a ministry Simplify possessions and give things away Review budget | Plan annual budget | |
| Service | Actively look for an opportunity to bless someone | Voluntary Church activities - preaching; leading meetings | Prepare meals for family | Church Coffee rota Prepare meals for those in need | Winter Night Shelter | |
| Community | Check in with those needing extra support | Check in with close friends and family Sunday gathering Small group | Family meal Date night | Small group - round the table Dinner parties | Annual Christmas gathering | |
| Witness | Be present and available to co-workers | Practice random kindness | | Community events e.g. Work Parties; The Noise; Flower Show Invite someone who doesn't know Jesus over for dinner Meet socially with co-workers | Winter Night Shelter | |
| Other | Healthy sleep pattern Wind down routine Read for at least 30 minutes | Listen to lifestyle PodCast Organise calendar | Self-care activity Cook from a new recipe | Menu planner Review goals/rule of life | Set goals/intentions for the new year Set rule of life | |